



Housekeeping

Tips & Techniques

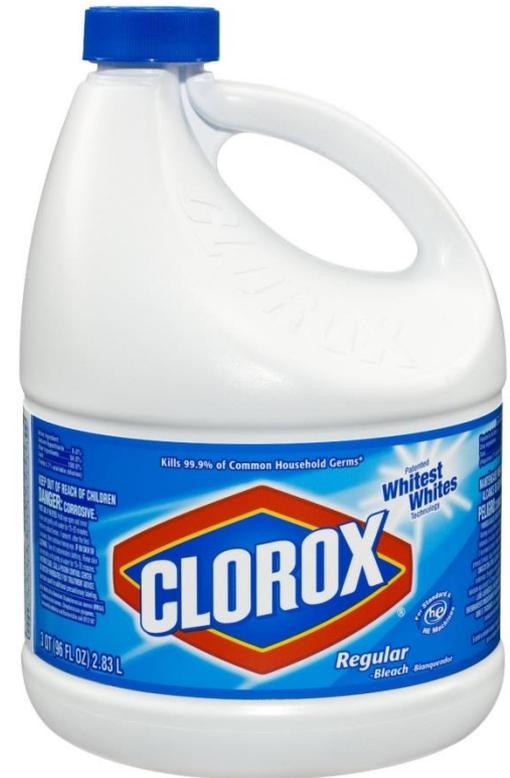
In the Kitchen



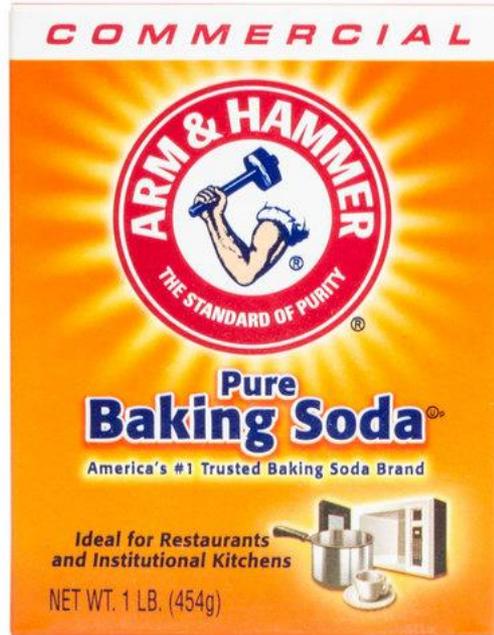
- **Circle Your Way Around:** Always begin on the right side of your stove, then move clockwise around the room. The stove is typically the dirtiest part of the kitchen, so ending with it keeps you from spreading dirt and grease. (First, soak drip pans and knobs in warm soapy water. By the time you've worked your way around, they'll be easier to clean.)

In the Kitchen (cont.)

- **Sanitize the Sink:** To sanitize any sink after cleaning, plug the drain and fill the basin with a gallon of warm water. Swish in a tablespoon of bleach. Dip in a sponge; wipe down the faucet and handles. Let sit at least five minutes. Rinse and allow to air dry.



In the Kitchen (cont.)



- **Make It Easier Next Time:** Stash baking soda under the sink, sprinkle it on stains before they set in, and just wipe and rinse. Bonus: Baking soda fights drain odors.

In the Kitchen (cont.)



- Just about everything that happens in the kitchen — cooking, cleaning, kids' craft projects, and more — involves the sink, so it gets stained easily. Splotches show up most obviously on light porcelain or solid resin surfaces, but even stainless steel is susceptible. The speediest way to remove marks from these surfaces: Use an eraser-type sponge like Mr. Clean Magic Eraser. (Extra-stubborn spots may need a spritz of an all-purpose cleaner with bleach, and more "erasing.") Then rinse.

In the kitchen (cont.)

- **Do Dishwasher Duty:** Once a week, shake baking soda on a damp sponge and wipe around the machine's edges to remove stuck-on food or stains. During cold and flu season, add a quarter-cup of bleach to the regular dish cycle to kill bacteria. The dishes will be safe and sanitized after the rinse cycle is finished.

In the Kitchen (cont.)



- **Love Your Oven:** Keep the heart of your kitchen clean by lining the bottom with a nonstick ovenliner. It can be wiped with a paper towel, put in the dishwasher, and reused over and over.

In the Kitchen (cont.)



- **Over the Stove Range Hoods:**
This is always a grease trap! Try using this product called Awesome. Available locally at the Dollar Tree. I love this product! It has even removed automotive grease off of my car floor mats!

In the Kitchen (cont.)

- **Kitchen Exhaust Filter:** Avoid getting messy, gunky oil buildup on your filter by cleaning it in the dishwasher once a month. The high temperature combined with a good detergent should be sufficient to cut through tough grease without any effort on your part.

In the Kitchen (cont.)

- **Disinfect the Disposal:** To get rid of odors, drop in a cut-up lemon, some salt and a few ice cubes. The lemon deodorizes, and the ice and salt clean away residue. Plus the ice will help with keeping the blades sharp!



In the Kitchen (cont.)

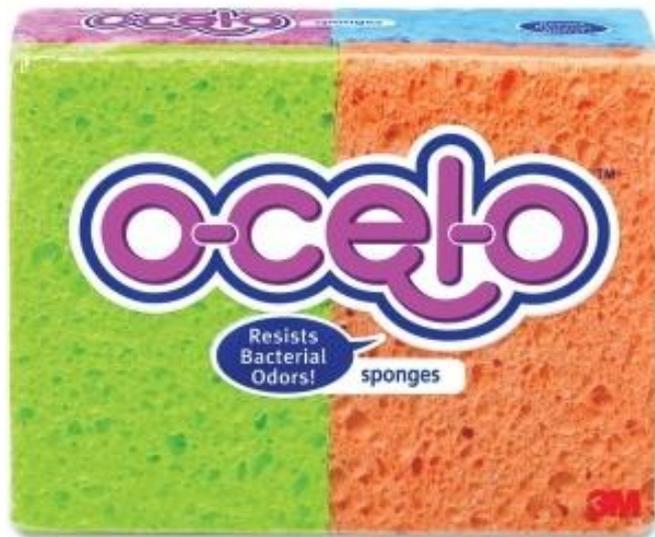


- **Crumple Paper Towels:** Use microfiber cloths instead. When wet, they sanitize and clean floors, counters, glass and tile, and eliminate the need for other cleaning products. They're reusable (machine-wash, hang to dry) and cost about \$5 for a two-pack.

In the Kitchen (cont.)

- **Clean as You Go:** Fill your sink with hot soapy water as you start dinner. Place used dishes and pans in the filled sink so they'll be soaking while you eat. Also, wipe up any spills immediately—don't give sauces, oils or spices a chance to sit around.

In the Kitchen (cont.)



- **Zap the Sponge:** We all know that sponges can be a breeding ground for bacteria. Disinfect yours every night by squeezing it out and microwaving it on high for a minute. When it's shredded and smelly, replace it.

Bathroom Boosters



- **Make Doors Shine:** Rubbing a teaspoon of lemon oil on glass shower doors twice a month causes water to bead up and roll off. Or, try Rain-X Original Glass Treatment, a car-care product made to keep rainwater off your windshield. Use it twice a year.

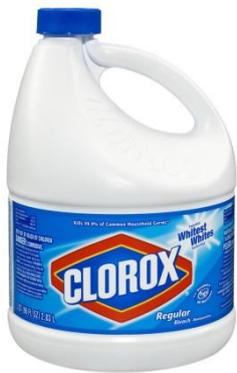


Bathroom Boosters (cont.)

- **Get a Cleaner Liner:** Mold and mildew attacking your shower curtain liner? Throw it in the wash with a few towels, which will help scrub it clean, then hang it back up to dry.
- **Whiten Tile Grout:** Covers up stubborn grout stains.



Bathroom Boosters (cont.)



- **Caulk and Mold:** Bathrooms are known for hazardous black mold.
- **Tip:** Soak cotton balls in bleach and place directly on caulk and let soak overnight. Place on when the kids go to bed and remove first thing in the morning. Your caulk will look new again!

Bathroom Boosters (cont.)

- **Tame the Toilet:** Drop a teaspoon of Tang Drink Mix in the bowl. The citric acid acts like a scrubber...and it's nontoxic, in case the dog takes a sip. Let it sit for a few minutes, then swish and flush.



Bathroom Boosters (cont.)

- **Corral Strays:** Keep drains free of hair and clogs by using a product like Drano or Liquid-Plumber to make sure potential clogs are gone, then pour boiling water down drains once a week to keep problem-free.
- **Tip:** Get rid of those annoying stray hairs on the floor by sweeping them up with a damp wad of toilet paper every morning.



Bathroom Boosters (cont.)

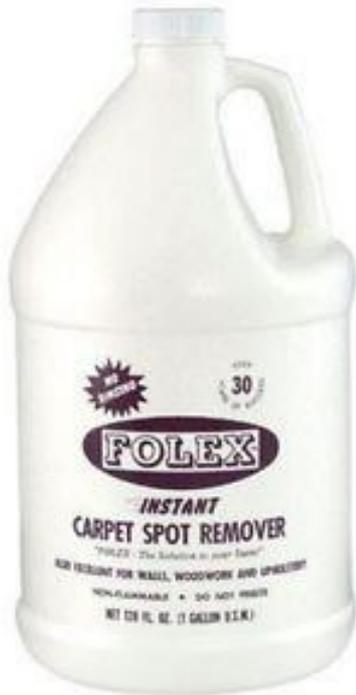
- **Use Bedtime as Clean Time:** While the kids are washing up at night, wipe down the tub, toilet and mirrors, and toss out clutter. When they're finished, quickly wipe down the sink and floor.

Carpet Cleaning

- **Steam Clean:** Highly suggest steam cleaning your carpets at least once a year. If you put a little Borax in as your detergent it cleans, neutralizes odors and removes stains!



Carpet Cleaning (cont.)



- **Maintaining a Clean Carpet:**
As accidents happen clean up ASAP! Folex Instance Carpet Spot Remover works great!

Sweeping Solutions

Cleaning should always be done top to bottom. That way, any crumbs or dust that fall to the floor while you're working get picked up last. And believe it or not, there's a right way to sweep.

Sweeping Solutions (cont.)

- **Pick the Right Broom:** For indoors, choose one with finer bristles to pick up smaller dirt particles. For outdoors, go for stronger, stiffer bristles, which work better to clear porous surfaces.

Sweeping Solutions (cont.)

- **Get Swept Away:** To sweep, hold the broom like a canoe paddle, with one hand on top of the handle and the other toward the middle. Push your hands in opposite directions to get the most out of every sweeping stroke. Sweep from the outside in so that you don't miss any spots, and move the dirt to the center of the room, where it will be easy to pick up.

Sweeping Solutions (cont.)

- **Banish Dust Bunnies:** Pick the proper dustpan. Minimize that annoying line of dust by choosing a dustpan with a rubber edge.



Bedroom Secrets

- **Start with the Bed:** If your bed is made, your bedroom looks neat. When you wake up, pull the covers up to your chin so it'll be half made. Finish the job before you walk away.



Bedroom Secrets (cont.)

- **Address Your Drawers:** Most women have drawers full of clothes they don't wear, and their dresser tops then become repositories for things they can't store. Get rid of things you haven't worn in a year and vow to put away your clean laundry each week.
- **Tip:** Donate clothing and receive a tax deduction!

Bedroom Secrets (cont.)

- **Keep Just the Essentials:** Have a "pamper basket" next to your bed with a book, some moisturizer, your knitting or something else you like to do in bed. Then keep your clock, a lamp and a box of tissues on your nightstand. That's it.

Conquer Laundry



- **Stave Off Static:** Since fabric softener and dryer sheets can strip towels of their absorbency, add $\frac{1}{4}$ cup white vinegar to the rinse cycle or throw two (new, clean) tennis balls in your dryer to get rid of static electricity, soften fabrics and eliminate the need for dryer sheets.



Conquer Laundry (cont.)

- **Switch on the Cold:** Most everything can be washed in cold water (better for your bills and the environment). But use the hottest water possible for sheets, towels and underwear. Take special care with undergarments, putting them in the dryer as soon as possible to stop bacteria growth while they sit damp in the washer.

Mess-A-Laneous

- **Time It:** If you actually time how long it takes to do certain chores, you won't mind them as much. Believe it or not, most chores only take 10 minutes.
- **Multitask:** Makes tasks go faster by doing two things at once. While on the phone, fold laundry, fluffs pillows, picks up stray magazines and books, do dishes, sweep or dust.

Mess-A-Laneous (cont.)

- **Know the Hot Spots:** Papers, odd toys and other things usually pile up on the dining room table or kitchen counter. Once you've got your table cleaned off, file papers or toss them. One piece of paper multiplies like rabbits.

Mess-A-Laneous (cont.)

- **Go Corner to Corner:** When you're vacuuming, begin in the farthest corner and work toward the door, using slow, repetitive front-to-back motions in an overlapping sequence. As you look over the freshly vacuumed floor, you shouldn't see any footprints.

Mess-A-Laneous (cont.)

- **Velcro Away Clutter:** Label the bottom of each electronic game controller or label the remote for which room it belongs (Xbox, for example), and then Velcro it to the console. You'll never search for them again.



Mess-A-Laneous (cont.)



- **Make a Lost-and-Found:** Every house needs one. Use a cute vintage lunch box or lidded storage container to stash lost game pieces, stray screws and buttons, and similar small items. When you need the item, you'll know where to look first.



Mess-A-Laneous (cont.)

- **Do Quick Rescues:** Do a 5-minute sweep through each room, taking a laundry basket with you. Place in it anything that doesn't belong in that room, then put away the stuff that does belong there.



Mess-A-Laneous (cont.)

- **Stop Clutter at the Front Door:** Mount a plastic or cloth shoe rack inside your front entry closet door, and use it to stash all kinds of living room and family room miscellany—toys, hats, gloves, magazines. You can even designate one of the pockets for mail you're not sure whether to save or toss.

